

CLAIMS

What is claimed is:

1. An exercise device with an elongate flexible member, comprising:
a base;
an elongate flexible member connected to the base, the flexible member having an upper surface and a lower surface, wherein the upper surface has a plurality of foot placement portions, the flexible member being configured and arranged such that a user positioned thereon must exercise balance.
2. The exercise device of claim 1, wherein the member is symmetrical about a transverse axis.
3. The exercise device of claim 1, wherein the flexible member is inflatable.
4. The exercise device of claim 3, wherein the flexible member has a valve positioned in the lower surface and the base has an aperture that provides access to the valve.
5. The exercise device of claim 1, wherein the plurality of foot placement portions are further configured and arranged such that a user positioned on more than one foot placement assumes an athletic stance.

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6. The exercise device of claim 5, wherein the athletic stance is a stance that is substantially shoulder width.

7. The exercise device of claim 1, further comprising an elastic cord connected to the base, the elastic cord having a handle and being configured and arranged such that a user positioned on the foot placement portions may grasp the handle.

8. The exercise device of claim 1, wherein the flexible member has at least one tab extending therefrom and the at least one tab is connected to the base.

9. The exercise device of claim 8, wherein the base has at least one slot configured to receive the at least one tab, the at least one tab being connected to the base in the at least one slot.

10. The exercise device of claim 9, wherein the base has a plurality of slots and the flexible member has a plurality of tabs that are connected to the base in the plurality of slots.

11. The exercise device of claim 1, wherein each foot placement portion is raised with respect to a central portion of the flexible member.

12. The exercise device of claim 1, wherein each foot placement portion has a different surface from a central portion of the flexible member.

13. The exercise device of claim 1, wherein the surface of each foot placement portion has a different texture from a central portion of the flexible member.

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14. An exercise device with an elongate flexible member, comprising:
a base;

an elongate flexible member connected to the base, the flexible member having an upper and a lower surface, an interior portion of the flexible member defining a chamber, wherein the upper surface has a plurality of raised portions, the plurality of raised portions being configured and arranged such that a user standing on more than one of the plurality of raised portions assumes an athletic stance and must exercise balance.

15. The exercise device of claim 14, wherein the flexible member is elongate and symmetrical about a transverse axis.

16. The exercise device of claim 14, wherein the flexible member is inflatable.

17. The exercise device of claim 14, wherein the athletic stance is a stance that is substantially shoulder width.

18. The exercise device of claim 14, wherein the flexible member has at least one tab extending therefrom and the at least one tab is connected to the base.

19. The exercise device of claim 18, wherein the base has at least one slot configured to receive the at least one tab, the at least one tab being connected to the base in the at least one slot.

20. The exercise device of claim 19, wherein the base has a plurality of slots and the flexible member has a plurality of tabs that are connected to the base in the plurality of slots.

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21. An exercise device with a flexible member, comprising:
- a base;
- a flexible member connected to the base, the flexible member having an upper surface and a lower surface, the interior of the flexible member defining a chamber, wherein the upper surface has a concave central portion, the flexible member being configured and arranged such that a user positioned thereon must exercise balance.
22. The exercise device of claim 21, wherein the member is symmetrical about a transverse axis.
23. The exercise device of claim 21, wherein the upper surface has a plurality of foot placement portions.
24. The exercise device of claim 21, wherein the upper surface has a plurality of raised portions.
25. The exercise device of claim 21, wherein the plurality of foot placement portions are further configured and arranged such that a user positioned on more than one foot placement portion assumes an athletic stance.
26. The exercise device of claim 25, wherein the athletic stance is a stance that is substantially shoulder width.

27. An exercise device with an elongate flexible member, comprising:

a base;

an elongate flexible member connected to the base, the flexible member having an upper surface and a lower surface, wherein the upper surface has a plurality of foot placement portions, the flexible member being configured and arranged such that a user positioned thereon must exercise balance and having at least one tab extending therefrom, the tab being connected to the base.

28. The exercise device of claim 27, wherein the base has at least one slot configured to receive the at least one tab, the at least one tab being connected to the base in the at least one slot.

29. The exercise device of claim 28, wherein the base has a plurality of slots and the flexible member has a plurality of tabs that are connected to the base in the plurality of slots.

30. The exercise device of claim 27, wherein the base is made of wood.

31. The exercise device of claim 27, wherein the base is made of plastic.

32. The exercise device of claim 27, wherein the tabs are connected to the base with staples.

33. The exercise device of claim 27, wherein the upper surface has a plurality of foot placement portions wherein the foot placement portions are defined by (i) being raised with respect to a central portion; or (ii) by having a surface that is different from the surface of the central portion.

34. The exercise device of claim 27, wherein the upper surface has a concave central portion.

35. The exercise device of claim 27, wherein the flexible member is inflatable through a valve in the lower surface of the member, and the base has an aperture that provides access to the valve.

36. The exercise device of claim 27, wherein the tabs extend from the periphery of the flexible member.

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